

October 2021: Active Adults 55+ Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Strength, Core, & Balance: 830am – 9am Zoom	5 Dominoes: 9am – 12pm: The 407 Bowling League: 1pm-3pm: Strikz Yoga: 6pm – 7pm: The 407	6 Yoga: 8am – 9am: The 407 Strength, Core, & Balance: 830–9am: Zoom Realistic Watercoloring: 130-330pm: The 407 Zumba: 6 – 7pm: Frontier Park	7 Canasta: 12pm – 3pm The 407	8 DEADLINE TO REGISTER FOR BUS TOUR ON OCT. 27!	9
10	11 Strength, Core, & Balance: 830am – 9am Zoom	12 Dominoes: 9am – 12pm: The 407 Bowling League: 1pm-3pm: Strikz Yoga: 6pm – 7pm: The 407	13 Yoga: 8am – 9am: The 407 Strength, Core, & Balance: 830–9am: Zoom Realistic Watercoloring: 130-330pm: The 407 Zumba: 6 – 7pm: Frontier Park	14	15 Mahjong: 12pm – 3pm The 407	16
17	18 Strength, Core, & Balance: 830am – 9am Zoom	19 Dominoes: 9am – 12pm: The 407 Bowling League: 1pm-3pm: Strikz Yoga: 6pm – 7pm: The 407	20 Yoga: 8am – 9am: The 407 Strength, Core, & Balance: 830–9am: Zoom Realistic Watercoloring: 130-330pm: The 407 Zumba: 6 – 7pm: Frontier Park Coollest Magic Class!: 6-9pm: The 407	21 Canasta: 12pm – 3pm The 407	22	23
24	25 Strength, Core, & Balance: 830am – 9am Zoom	26 Dominoes: 9am – 12pm: The 407 Bowling League: 1pm-3pm: Strikz Yoga: 6pm – 7pm: The 407	27 Yoga: 8am – 9am: The 407 Strength, Core, & Balance: 830–9am: Zoom Realistic Watercoloring: 130-330pm: The 407 Zumba: 6 – 7pm: Frontier Park Floral Arrangements: 6 - 830pm: The 407 WHAT'S UP AROUND DALLAS BUS TOUR!: 9 - 6pm	28	29 Mahjong: 12pm – 3pm The 407	30

31 Programs in red require registration at: ProsperParksAndRec.org
 Any questions? Email Jonathan at jweeks@prospertx.gov or call at 972-569-1057